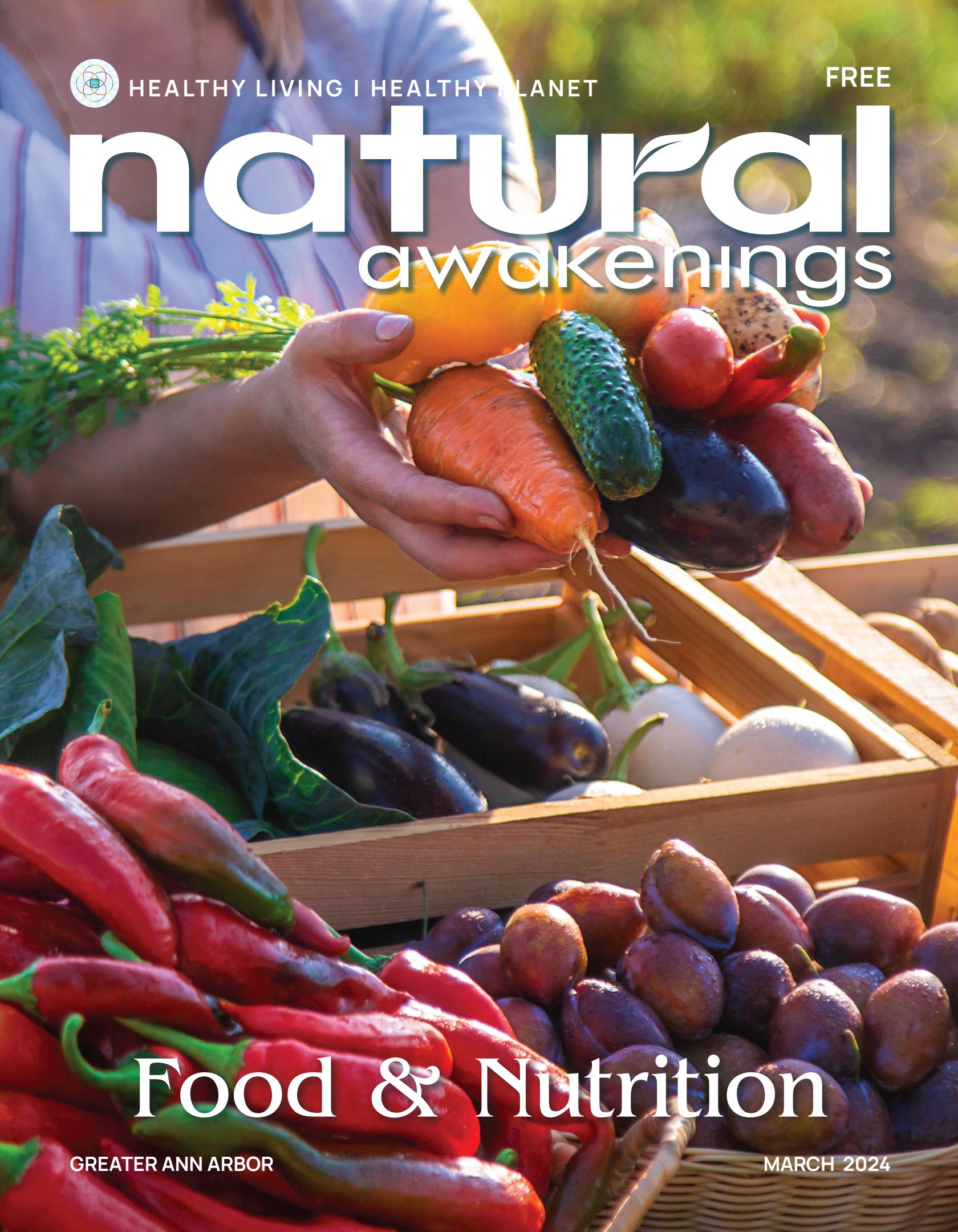




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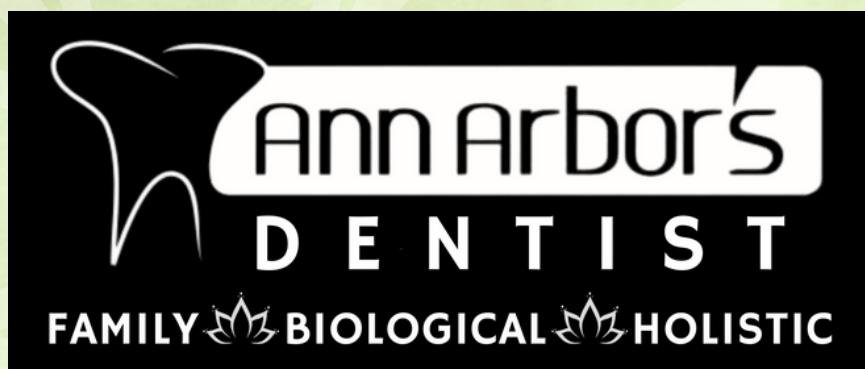
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## A Recipe for Life

As John and I continue on the mission to simplify our lives, we share a common vision to grow or make as much as we can from scratch at home. Whenever we're unable to produce something ourselves, it is imperative to know the source of the products we purchase. Because

sustainable and ethical practices for growing, raising and formulating products remain top of mind, we are meticulous about our choices. Above all, we want to know that everything we are putting into our bodies is safe and wholesome.

I was making dinner one night when my daughter asked me, "So, what's up with the whole organic label thing?"

My reply was, "Back when I was young, labels were put on stuff to warn us if it was poisonous; now the organic labels are used to inform us that the food actually comes from nature, unaltered. It also ensures the food has not been sprayed with pesticides or been irradiated."

Because consumers often rely on government nutrition experts for guidance about what a balanced diet should consist of, it leaves us wondering if they are really doing us a service, seeing how many people are in poor health these days. If you want a healthy body that feels great, it's important to be an informed consumer. We encourage you to take ownership of your health, read labels and make as much

food as possible with quality ingredients from local sources.

You may not realize it, but creating meals from scratch is fast, easy and fun. Our family sure loves it! If you want to directly influence their well-being, start cooking and eating together. Food has a special way of bringing us all closer when the house is filled with tantalizing smells emanating from the kitchen. What a special time it is for enjoying the simple things in life and sharing our lives.

This month's issue is chock-full of delicious ideas along those lines, and our feature story, "Food Trends for 2024," is a great place to start. You can always find a vast library of healthy recipes on our website, as well as articles about herbs, spices, gardening, inspiration and making conscious consumer choices. Think of *Natural Awakenings* as a partner in carving out your healthiest and most fulfilling year yet!

Now is the perfect time to start planning a garden and other spring projects. As soon as the soil allows, we'll be planting every vegetable and herb imaginable. Gardening is rewarding on so many levels, and also a great way to exercise naturally and stay in shape. Just being outside and breathing in the fresh air has many beneficial effects on our body, mind and spirit, too. Nature reminds us that nurturing plants enhances and deepens our relationship and connection to the Earth. Here's to savoring each delicious ingredient of a well-balanced life!

Yours in health and happiness,

*Trina & John*

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### Advertising & Submissions

*Natural Awakenings* is a network of natural lifestyle magazine publishers empowering local communities with knowledge, resources and connections to lead healthier lives on a healthy planet.

## Better Metabolic Health Information Sessions Held for Free at Five Locations

Better Health Market will share how to master metabolic health in seminars held at five store locations in March and April. Attendees will also enjoy a free light meal. Mastering Metabolic Health will be presented in Shelby Township Wednesday, March 20, at 6:30 p.m.; Plymouth Thursday, March 21, at noon; Novi Thursday, March 21, at 6:30 p.m.; Lansing-Frandoor Wednesday, April 8, at 6:30 p.m.; and Dearborn Tuesday, April 23, at 6:30 p.m. The presenter is Kelly Cassise, who is a representative for Enzymedica, a leading digestive health and wellness company, and has over 30 years' experience working in nutrition and wellness.

She says, "Understand the 'master switch' that can open the door to total body health. Learn about lifestyle practices, good nutrition and some botanical superstars that can help to support fitness, blood sugar balance and healthy detoxification."

Better Health Market-Novi is also holding a complementary seminar on high toxic load Saturday, March 1, at noon, led by nutritionist and certified health coach Kathleen Freydl.

*The seminars are free. Better Health Market-Shelby is located at 14105 Hall Rd., Better Health Market-Plymouth is located at 44427 Ann Arbor Rd., Better Health Market-Novi is located at 42875 Grand River Ave., Better Health Market-Frandoor is located at 305 N. Clippert St. and Better Health Market-Dearborn is located at 22250 Michigan Ave. For more information or to register online, visit [BetterHealthMarket.com/eventmanager](http://BetterHealthMarket.com/eventmanager). See ad inside front cover.*



Kelly Cassise

## Study Nutraceuticals and Medical Cannabis at Concordia University

The Natural Products Science program at the Concordia University School of Pharmacy is an online certification program



designed to help students gain knowledge in the emerging field of natural products. The certification counts as 12 credits, with the option to specialize in medical cannabis or nutraceuticals.

Students will learn about new products and current offerings. Program Director Dr. Terry-Elinor Reid says, "We encourage natural food store employees, herbalists, greenhouse operators and

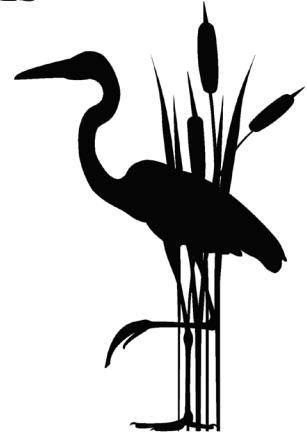
those in the homeopathic field to dive into the science of natural products. The more you know, the more you can help."

*Locations: 4090 Geddes Rd., Ann Arbor; and 12800 N. Lake Shore Dr., Mequon, WI. For more information or to apply, visit [OnlineInfo.cuw.edu/natural-products-certificate](http://OnlineInfo.cuw.edu/natural-products-certificate). See ad, page 19.*

## Scavenger Hunt for Kids

The Michigan Friends Center will conduct their Winterfest and Outdoor Nature Scavenger Hunt for Kids from 2 to 5 p.m., March 3, with indoor storytelling, snacks, guitar and didgeridoo playing for all ages.

Board member Patricia S. Hopkinson says, "Wear the children or grandchildren out with a supervised outdoor trail hike and enjoy a community of like-minded people who love nature and music."



*For more information or to register, call Carolyn Holland at 734-475-1982 or email [Manager@mfcenter.org](mailto:Manager@mfcenter.org). See ad opposite page.*

## Halal Massage Therapy Training

The Ann Arbor School of Massage, Herbal & Natural Medicine is taking applications for admittance to April and September programs. They provide a training environment for licensed health-care professionals that complies with Islamic law.



Students may train in a protected environment following Halal (lawful and permitted) practices throughout the yearlong program. The school has been state licensed since 2009, and graduates may apply for a massage therapy license.

*Payment plans are available. Location: 3684 W. Liberty Rd., Ann Arbor. For more information, call Mary Light at 734-769-7794 or visit [NaturopathicSchoolOfAnnArbor.net](http://NaturopathicSchoolOfAnnArbor.net). See ad page 21.*

## Experience Guided Group Breathwork

Jackie Miller, a certified professional breathwork practitioner with This Breath, is providing guided group breathwork comprised of gentle, connected breathing and breath holds with music on the first and third Sunday of every month. She says, "Experience the power of activated breath energy that gently and naturally supports healing through a non-ordinary state of body and mind. Gentle activated breathwork is uplifting and refreshing."

Participants learn a variety of supportive breathing techniques they can use at home for relaxation and stress management, and get to be part of a warm, welcoming community of people breathing together.

Admission is free, donations accepted. Location: 1904 Federal Blvd., Ann Arbor. For more information and registration (required), visit [ThisBreath.com](http://ThisBreath.com).

this breath  
this breath  
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## Try Tiffin Tonight for an Indian Treat

Tiffin Tonight provides authentic and healthy Indian food products for the grab and go consumer market. Created locally and founded by Priti Kaur, an Ann Arbor resident since the 1980s, the products Tiffin Tonight provides include a staple assortment of health-conscious Indian meals to go, along with a handful of shelf-stable items such as a hand-ground masala and a ghee.

Their wares are stocked across the Ann Arbor area at select locations, including Argus Farm Stop, Agricole Chelsea, University of Michigan Campus and Busch's markets. Tiffin Tonight takes authentic Indian flavors and makes them accessible to anyone and everyone. The meals specifically are neither spicy nor heavy yet remain authentically Indian.

For more info, call 734-846-0977 or visit [TiffinTonight.com](http://TiffinTonight.com) or on Instagram @tiffintonight.

## Wellness Lighting for Better Working, Learning and Living

Ninety-three percent of our lives are spent indoors—in biological darkness, under unhealthy, energy-draining lighting. Switch to Norb wellness lighting products and experience biologically natural lighting for better working, learning and living. It's light changing. What began as a journey to develop a white LED grow light for their LiveWall line of living plant products led them down a new path—the discovery that light not only affects plant growth, but also greatly affects human wellness. And, as biologists who care about people, they realized that unique lighting products, focused on wellness, created an opportunity to make a difference in peoples' lives and health.

Human physiology is synchronized to the sun's daily changing light spectrum. Morning sun awakens us and helps us to focus, midday sun energizes us and helps us to feel good, and evening sun helps us to relax and prepare for sleep.

Yet, most of the artificial light we're exposed to is not like sunlight (which our physiology is attuned to) and can leave us feeling lethargic when we should be energized and alert, distracted or agitated when we should be calm, or excited when we should be relaxed. The term "biological darkness" has been coined to describe this unhealthy, energy-draining light.

For more information, email [info@Norb-Light.com](mailto:info@Norb-Light.com) or visit [NorbLighting.com](http://NorbLighting.com).



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— Sigurd Olson



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## INTRAVENOUS INFUSIONS SLOW THE AGING PROCESS

Nicotinamide adenine dinucleotide intravenous (NAD+ IV) therapy slows down the aging process, boosts metabolism, aids weight loss, improves mental clarity and brain power, beats fatigue and increases energy. It also helps to reverse sun damage, reduces inflammation and helps ease the stress of modern life. It also helps many chronic neurodegenerative conditions such as multiple sclerosis, Lyme disease, dementia and Parkinson's disease.

NAD+ IV therapy treatment can help combat a wide variety of symptoms that are associated with aging such as reducing fine lines and wrinkles, speeding up metabolism and weight loss, improving mental clarity and boosting the body's overall energy. This reduction is one of the biggest driving forces behind the aging process. First at a cellular level, then eventually, there are outward signs in the lines and wrinkles, aching joints, decreased mental clarity and other chronic illnesses.

NAD+ IV vitamin treatment results in optimal rejuvenation benefits, but only when administered by injection or intravenously. Patients often notice changes in energy and alertness before the infusion is completed. These infusions may be used for most neurodegenerative diseases or just to slow down aging and improve energy.

*John O. Wycoff, DO, is a board-certified family physician and the founder and CEO of the Wycoff Wellness Center, in East Lansing. They are offering 20 percent off NAD+ IV treatments during March. For more information, visit [WycoffWellness.com](http://WycoffWellness.com). See ad on back cover.*



## DRY BRUSHING DETOX FOR LYMPH AND CIRCULATION

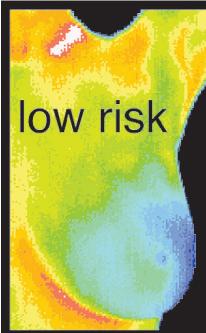
Lymph is one of the many important ways our body eliminates environmental toxins, food toxins, lotions, cleansers and more. It is important to clear the lymph so that the body does not experience fatigue from toxicity. Healthy circulation also helps to clean the blood and oxygenate the body. Stagnant lifestyles or work habits can be taxing on circulatory response, and dry skin from the cold and cellulite are claimed to be reduced with regular dry brushing sessions.

Dry brushing is done with a natural bristle brush on dry skin in conjunction with an exfoliating glove to massage, clear and stimulate the skin. Afterward, an herbal blend to protect and heal the body is applied. This treatment is done in 30 minutes.

Dr. Shilpi Khetarpal, at the Cleveland Clinic, advises that dry brushing has gained traction for a reason because the mechanical action is excellent for exfoliating rough, dry skin. She says. "Dry brushing unclogs pores in the exfoliation process. It also helps detoxify your skin by increasing blood circulation and promoting lymph flow/drainage." Also, unclogging pores makes it easier for the body to sweat and eliminate toxins, and brushing stimulates the nervous system like a massage.

*Forbes Health* found, "Dry brushing helps to detoxify the body by stimulating the lymphatic system," according to Renee Kindler, a board-certified nurse practitioner, functional health consultant and CEO of Aonani Functional Medicine, in Garden City, Idaho. The lymphatic system is a fine-meshed structure that includes vessels, nodes and organs. A well-functioning lymphatic system is essential to the immune system and is also interrelated to the body's fluid balance and digestive system.

She says, "Removing the 'trash' from our body is one way we detox our system, supporting good immune system function. The light pressure of dry brushing can help stimulate our lymphatic system and support this movement."



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Christine Bridges, LMT, is the owner of Universal Energy Wellness Spa, located at 445 S. Harvey, Ste. 22, in Plymouth. For more information, call 734-934-7271 or visit [UniversalEnergyWellness.com](http://UniversalEnergyWellness.com).



## CHAMPIONING OPIOID-FREE PAIN MANAGEMENT

According to the U.S. Health Resources and Services Administration, more than 130 Americans die each day from opioid-related drug overdoses. Recognizing that alternative pain management protocols are needed to curtail this ongoing

national problem, the state of Minnesota has created a website to identify and promote evidence-based, non-opioid and non-pharmacological options that use complementary and integrative methods.

As reported in the *Journal of Integrative and Complementary Medicine*, [NoPainMN.org](http://NoPainMN.org) was established to provide user-friendly information, including a description of each modality, video demonstrations of the treatments and links to published research and additional online resources. Minnesota's website covers a wide range of treatment options, such as acupuncture, chiropractic, psychology, rehabilitative therapies, movement classes like tai chi and qigong, and mind-body therapies such as biofeedback and music therapy. The website also includes a searchable list of more than 17,000 practitioners in the state.



## TOBACCO GETS RAW DEAL

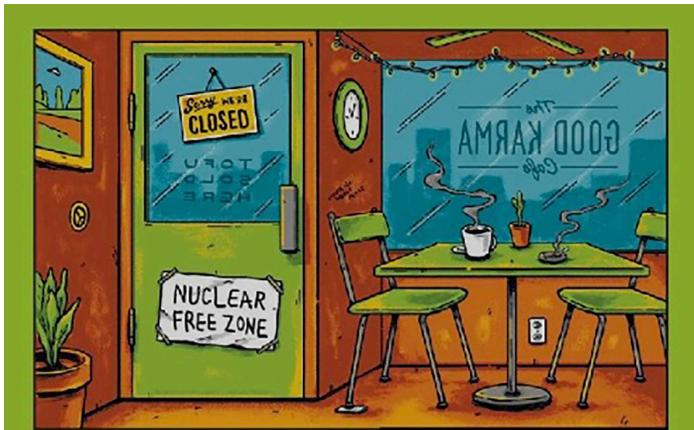
A little-known study from 2015 at Harvard University found it is not nicotine, but the additives to tobacco products that make it addictive. Several naturopath doctors, including chiropractor Bryan Ardis, of Texas, have cited studies in recent interviews and

podcasts that reported many people with nicotine in their system did not appear to have the recent virus symptoms.

As the host of *The Dr. Ardis Show*, broadcast on the Brighteon. TV platform, Ardis stated that the Harvard study authors left out tumor-fighting properties and the fact it may be able to reverse Parkinson's disease in their research disclosure. The paper stated that it is chemicals called pyrazines that the tobacco industry began to add that made it addictive.

*Rachel Cara has a background as a nutritional educator and is the owner of Nature's Trading Post. [NaturesTradingPost.com](http://NaturesTradingPost.com).*

Have a Healthy Tip to Share?  
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# Bringing Health Care to the Masses

by Martin Miron

**B**abar A. "Q" Qadri, owner of Integrative Medicine & Hijama Clinic, started as a personal trainer at Bally Total Fitness, then graduated from New York Mercy College as a physician's assistant (PA) in 2010. Before that, he was working at the HUDA free health clinic in downtown Detroit and after graduation, worked there as a provider.

Many patients there were uninsured or underinsured. "I wanted to get involved more with their physiology and why they were feeling these pains or where they were getting this fatigue and weight gain from. It made me want to get more in-depth into medicine," Qadri states. "So I combined my knowledge of exercise, fitness and medicine and started doing primary care."

## Defining the Problem

When Qadri started seeing patients, he had one that was taking seven different blood pressure medications and her blood pressure was still high. "I said, Mrs. Jones, what are you doing about your blood pressure?"

Her answer was, "I am just doing what you guys told me. The medicine you gave me is what I am taking."

That was an epiphany for Qadri, because his training never ventured into this arena. Students were told to prescribe medication, suggest some lifestyle tips and leave it at that. He thought, "If that is the answer we are giving, then we have failed in our jobs as providers. I started studying naturopathic and holistic medicine under a *hakim*, which is a doctor from the days before pharmaceuticals took over. I started implementing that with my patients, and it got me to where I am today."

## The Urban Garden

HUDA built an urban garden in an empty



Babar Qadri, "Q" in the Urban Garden

Photo: modeldnmedia.com

lot next to the clinic to grow foods that could treat patients' diseases. Qadri advises, "It is very therapeutic psychologically to be in this serene area with this natural growth. It really allows you to dig your toes into the ground and get the vibe back of Mother Nature. So now when a patient comes in and their blood pressure is high, I say, 'Well, what are you doing about it?' And I tell them, 'This is the food you need to eat. This is what you need to do to try to get off the medication and make food your medicine. Let us go over there and grab all these foods for you so that you can start getting off the pharmaceuticals and getting on the natural stuff.' So from there, it evolved and I have evolved to where I practice integrative medicine."

## Lifestyle Modification

"Western medicine is great when it comes to acute care, but when it comes to chronic care, it falls very short," Qadri explains. "A lot of patients say they have seen doctors repeatedly and they feel like they are just getting a Band-Aid on their issue. What they enjoy about us is the fact that we incorporate

different lifestyles and implement a better eating plan. We focus on using food and things that they can enjoy doing and taking to be their medicine because an educated patient is a healthy patient. I am going to find out how you went from a healthy state to an unhealthy state. What were the steps that took you there and how can we reverse it? Those conversations take time."

## A Different Kind of Insurance

Integrative Medicine & Hijama Clinic uses direct primary care insurance in addition to the major carriers. Patients pay a monthly subscription to get access to the clinic and can use it as many times as they need that month. Upon their first visit, all the blood work and testing is done in-house.

## Hijama Cupping Therapy

"We do a lot of alternative medicine, and a lot of patients will just come in for the Hijama cupping. This has been around for thousands of years, and we're just introducing it into the curriculum now. Medical students love it so much that they want to do a stint with me so they can learn it, then they can practice on their own as soon as they graduate," says Qadri.

He avows, "I will never, ever turn a patient down if they do not have insurance or they cannot afford it. I am not going to have money as a constraint for me to enjoy what I do. People are not going to doctors because they are scared; they do not want to go bankrupt. I am a little fish in a big pond, but I am trying to do my part."

*Integrative Medicine & Hijama Clinic is located at 8528 N. Canton Center Rd., in Canton. For appointments and more information, call 734-414-9944, email Info@IntegrativeMedClinic.org or visit IntegrativeMedClinic.org.*



# Experience Tension Mapping with Candice Currie



Licensed Massage Therapist and Certified Health Coach Candice Currie is the owner of Optimize You: Massage Therapy & Lifestyle Coaching, located in DeWitt, serving the Greater Lansing area to connect clients to their body, their health and their true self.

She recalls, "From childhood, I was fascinated with the human body and how it worked. I would get stacks of books from the library on anatomy and biology. Fast forward, I found myself at Michigan State University studying kinesiology and exercise science. It still wasn't clear what my path would be after graduation—that was until I started getting headaches."

Currie explains, "I was sitting at a computer more than ever before, and my posture was paying the price, so I decided to get a massage to help alleviate the tension. It was a simple, 30-minute therapeutic massage, but it did the trick. I was hooked. Not as a receiver



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of massage, but on becoming a massage therapist. I knew that I could provide that sort of relief to people and more. It was an easy choice to go to massage school and I've never looked back. Since those early days, my skills, education and understanding of the body and people has continued to develop and improve the outcomes my clients have."

She advises, "Our physical bodies are a reflection of how we spend our days. I help people listen to and interpret the messages their body is showing. When we start listening to our bodies, our whole life starts to shift. Not only do we feel better, but we are able to do more and live a fuller life. I have no interest in making you a regular weekly or monthly client. My goal is to guide and teach you so that you have a better understanding of what your body needs or what lifestyle and mindset shifts can improve your situation. I focus on long-term results instead of just short-term relief. While sessions feel good and can be very relaxing, that is not the only benefit."

She has created a new modality of massage called Tension Mapping, which involves an in-depth look at how and why tension is held in the body. This cooperative session with a lot of client participation and introspection takes two hours to go from head to toe. First, she looks at muscular tension patterns, imbalances and misalignments. Secondly, she looks at the mental, emotional or spiritual reasons for tension or concerns in those areas.

Thirdly, they work together to bring in the personal history. Lastly, the client will walk out with two or three ways to create more balance and less tension in their body, plus a map of their body and everything discovered during the session.

Currie also provides monthly body connecting classes online or in-person. Typically free, they allow clients a way to connect with and listen to their bodies. Each month there is a theme, and classes include foam rolling, stretching and introspection, as well as guidance and individualized attention.

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# Food Trends for 2024

## What We're Looking for at the Dinner Table

by Carrie Jackson

**F**ew factors are as important to overall wellness as our diet. Besides taste and nutritional value, food preferences are influenced by convenience, availability, cost and personal values. Trends are shifting away from fad diets to more balanced eating, as people across generations are focused on living healthier well into their golden years. Equally as urgent is a demand for more sustainable products and manufacturing practices as consumers become increasingly aware of the impact their food choices have on the planet.

Dr. Melinda Ring is the executive director of the Osher Center for Integrative Health

at Northwestern University, in Chicago. As a leading center for integrative medicine, their team helps patients achieve optimal health through innovative, whole-person care. Ring says that personalized nutrition, plant-forward diets and longevity protocols are overtaking older trends like low-carbohydrate or high-fat fads.

"In recent years, there's been a movement away from highly restrictive diets toward more balanced, sustainable eating patterns that emphasize whole foods over highly processed alternatives," says Ring. "Interest in local food sources is growing, driven

by concerns about sustainability and food quality. While the pandemic highlighted concerns about access to healthy food for all, busy lifestyles continue to make convenience a key factor influencing food choices."

Ring cites nutritional psychiatry as a burgeoning field. "Emerging research suggests a link between diet and mental health, with diets rich in fruits, vegetables and omega-3 fatty acids potentially benefiting mood and cognitive function," she explains. Ring adds that there is an increasing focus on incorporating protein for overall health, as well as personalized nutrition, in which advances

in genomics and biotechnology are used to tailor dietary recommendations to individual genetic, lifestyle and health factors.

Frances Largeman-Roth, RDN, is a *New York Times* bestselling author and nationally recognized health expert. Her latest book, *Everyday Snack Tray*, outlines fun, flavorful and nutrient-dense charcuterie boards for every occasion. She asserts that members of Generation Z—those born in the late 1990s and early 2000s—are driving many of the current shifts in food and beverage choices.

“The sober movement is rapidly gaining momentum, with an influx of mocktails, non-alcoholic beer and zero-proof wines on the market,” she explains. “People in their 30s and older are realizing that alcohol interrupts their sleep and are looking for other ways to relax at night. They’re also moving away from caffeine, which has a long half-life, so while the body may feel tired at night, the brain is still triggered. Fast-casual restaurants and cafes have increased their selection of fruit-forward, caffeine-free drinks, and a new all-natural brew called figgee, made from ground figs, is emerging online.”

Zoomers tend to be more conscious of the connection between their food decisions and impacts on the planet, which explains why they are more likely to choose and demand sustainably grown and packaged products. “This generation is drawn to brands that have carbon buy-back programs or help sequester nitrogen in their manufacturing,” says Largeman-Roth. “While we’ve seen an influx of meat alternatives in the past, there’s starting to be a pushback against the ones with long ingredient lists that are highly processed. Rubi protein made from lemongrass, or duckweed [a free-floating, aquatic plant], is gaining popularity as a plant-based protein alternative. It contains nine essential amino acids and uses 10 times less water to grow than soybeans and 100 times less water than beef. And, people are turning to the root system of mushrooms, instead of the caps, as a higher protein source. Their versatility makes them ideal for nuggets, jerky and other substantial snacks.”

Consumers are looking for foods that can

help regulate blood sugar, especially as more of the population is concerned about pre-diabetes. “People are continuing to choose nuts, beans and other high-protein boosts to refuel after a workout or in-between meals,” Largeman-Roth points out. “Products such as Good Measure bars, made of almonds, peanuts and pumpkin seeds, are emerging as nutrient-rich and satisfying snacks. Consumers also realize how important fiber is for gut optimization, skin quality and mental health. Perhaps most top-of-mind in a post-pandemic world, it’s vital for immune health, as well. Overall, people of all ages want products that make them feel better and fit into their lifestyle. A lot of boxes have to be checked for people to try a new product, and food manufacturers are stepping up.”

“Sleep decrease with age,” says Ng. “Brands are focusing on innovating products with nutrients such as fiber or botanicals like lavender that can improve sleep quality. Products such as Bardo’s Calm snacks, which contain lemon balm and thyme, are emerging as a snack option for Gen Xers who are interested in trying food that supports relaxation.”

Many consumers are part of the “sandwich generation,” a term used to describe people in their 30s or 40s that are raising children while also caring for aging parents. Ng notes that brands are adjusting product lineups and marketing campaigns to address the specific requirements of these families. She expects to see more services like Magic Kitchen, which, she explains, is “a meal kit service that offers

## *Trends are shifting away from fad diets to more balanced eating, as people across generations are focused on living healthier well into their golden years.*

Perhaps taking a cue from the younger generation, members of Generation X—Americans born between 1965 and 1980—are pioneering a new approach to healthy aging to help them thrive in their diverse lifestyles. According to the global market research company Mintel, aging concerns that were once considered taboo, such as menopause, are now being openly discussed.

“The new focus for our aging society will be an extended healthspan—the period of life spent in good health,” says Mintel Principal Analyst Jolene Ng. “This is an important shift, as population aging is a defining global trend of our time. By 2030, one in six people in the world will be aged 60 years and older, according to the World Health Organization. Brands need to consider the various nutritional, physical and mental health needs for middle-aged and older adults. Opportunities to improve healthspan include maintaining brain function with age and functional health solutions for common problems like disrupted sleep.”

Increasingly, Gen Xers ages 44 to 58 prioritize sleep as a tool for improving overall physical and emotional health. “Research has shown that total sleep time, sleep efficiency and deep

a range of healthy, dietitian-designed meals for families with different health needs, including seniors. Their objective is to bring families together during dinnertime, while respecting the specific dietary needs of individuals within the family unit. Brands also can help ease the stress and strain on these compound caregivers by offering convenience products and helpful tools for themselves and the loved ones they care for.”

Historically, food and beverages have been a source of great pleasure and social interaction, and Mintel Food & Drink Director David Faulkner envisions this as a continuing trend. “Just as we saw during COVID-19, food and drink will be the go-to source of comfort for consumers, delivering precious moments of joy,” he says. “It will be all the more relevant during the worsening climate crisis for food and drink companies to position pleasurable products as necessities, not as guilty self-indulgences.”

*Carrie Jackson is a Chicago-based freelance writer and frequent contributor to Natural Awakenings. Connect at CarrieJacksonWrites.com.*



# Planting for the Planet

## Seven Herbs to Grow, Eat and Heal

by April Thompson

**G**rowing herbs at home has myriad benefits, enhancing health, boosting flavor and saving money while supporting local ecosystems. Home growing not only provides fresh herbs for cooking needs, but also offers access to easy and affordable natural remedies that can soothe common ailments.

“There is nothing like having your own fresh herbs in home-cooked meals. You can also dry and prep your own herbs for winter. Herbs retain more fragrance and vibrant color when you dry and process your

own,” says Nadine Clopton, an herbalist who serves as regenerative education program manager for Rodale Institute.

Clopton likes to grow medicinal herbs like holy basil, as well as culinary herbs like rosemary, sage, thyme, oregano and basil, which serve as both nutrition and medicine. “They have minerals, vitamins and antioxidants, and are deeply supportive of different systems in the body,” says Clopton, who maintains a small deck herb garden in her Bethlehem, Pennsylvania, apartment.

A home herb garden boasts multiple environmental benefits, reducing our carbon footprint by eliminating the miles most herbs travel to reach the local grocery store, and eliminating pesticide use, if grown organically. Herbs are also great for attracting pollinators like bees, birds and butterflies to support a balanced and healthy ecosystem.

### Great Herbs to Grow, Eat and Heal

“Rosemary is a multifaceted herb high in calcium,” says Linda Conroy, an herbalist, farmer and herb educator in Albion,

Wisconsin. She uses it in topical lotions for pain relief, makes rosemary-infused salt for a flavor-booster and incorporates this pungent herb into her homemade feta cheese. Rosemary has been shown to enhance cognition and memory. It is also a natural mosquito repellent, making it a great addition to summer patios.

**Sage** is known for its anti-inflammatory properties and as a natural treatment for sore throats and coughs. "This easy-to-grow perennial also helps attract pollinators," says Conroy.

**Dandelion** is an excellent detoxifier that can help cleanse the liver and promote healthy digestion. "Every part of the dandelion is edible; it's really a powerful, supportive herb. There are so many herbs like dandelion that grow wild around us, asking for our awareness and acknowledgment," Clopton remarks.

**Thyme** has powerful antimicrobial properties that can help fend off bacterial infections. "It's also anti-spasmodic and a natural expectorant, making it an excellent addition to cough remedies, which can save money compared to over-the-counter treatments," Conroy advises.

## *An herb garden can flourish even in small, indoor spaces.*

**Lemon balm** is a natural stress reducer that can help reduce anxiety and promote relaxation. "I love growing lemon balm and holy basil together," says Clopton. "They act like a natural mosquito repellent, in addition to all their medicinal and culinary benefits."

**Chamomile** is an essential herb for relaxation and digestion. Regular consumption of chamomile tea can help reduce anxiety and promote restful sleep. Conroy also uses this herb for topical applications like lotions, body washes, foot baths and even eyewashes to soothe sore, irritated eyes.

**Garlic** has antibacterial and antiviral properties that can help fight infections. The bulb is also known to reduce blood pressure and lower cholesterol levels. "Garlic, chives and other plants in the allium family are all important immune-system boosters," says Conroy.

### **Getting Started**

For first-time growers, an herb garden may sound intimidating, but with patience and care, it can flourish even in small, indoor

spaces. Conroy recommends trying chives, as they are easy to sprout and thrive in a box or pot. She also suggests starting by growing just one herb at a time.

While Conroy grows her herbs from seed in her own greenhouse, it is perfectly acceptable to buy plants that already have a head start. Clopton suggests plants like lemon balm because it is easy to root from a cutting. She also recommends supplementing soil with organic compost to give plants an extra boost, and making sure growing containers have good drainage.

Adding herbs to an outdoor garden or indoor space is an easy way to shrink our carbon footprint and support pollinators for the good of the planet, all the while saving on groceries. Start small with an herb garden and enjoy the numerous health and other benefits herbs offer.

*April Thompson is a Washington, D.C., freelance writer covering food, travel, sustainability and spirituality topics. Learn more at [AprilWrites.com](http://AprilWrites.com).*

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### Soothing Support Tea

This tea includes a class of herbs referred to in herbalism as nervines, which work to support and nourish the nervous system and relieve anxiety. While sipping this elegant infusion, visualize the herbs gently smoothing over any frayed nerves with a cleansing wave of calm.

**YIELD: 1 CUP**

*Lemon balm*

*Tulsi (holy basil)*

*Milky oats or oatstraw (avena sativa)*

*Chamomile*

*Lavender*

*Rose petals*

Combine equal parts of the organic dried herbs in a bowl. To make a cup of soothing tea, use 1 tablespoon of the herb mixture per 8 ounces of hot water. Steep covered for 10 minutes.

*Recipe courtesy of Nadine Clopton. Before consuming any herbal remedies, consult with a doctor or pharmacist for possible interactions with prescription medications or preexisting health conditions.*



### Nourishing Herbal Infusion

This herbal infusion contains essential vitamins and minerals, including vitamins A, B, C and E, potassium, calcium, zinc and iron. A longer steep time maximizes the vitamins and minerals extracted from the herbs. This tea offers a great way to add some additional nourishment to the day.

**YIELD: 1 CUP**

*Nettles*

*Milky oats or oatstraw (avena sativa)*

*Spearmint or peppermint*

*Red clover flowers*

*Red raspberry leaves*

Combine equal parts of the organic dried herbs in a bowl. To make a cup of nourishing tea, use 1 tablespoon of the herb mixture per 8 ounces of hot water and steep covered for 15 minutes. For a more concentrated herbal infusion, steep for a few hours or overnight.

*Recipe courtesy of Nadine Clopton. Before consuming any herbal remedies, consult with a doctor or pharmacist for possible interactions with prescription medications or preexisting health conditions.*



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# Jeffrey Smith

## Preserving the Nature of Nature

by Kelcie Ottoes

**M**icrobes are essential for human and planetary health. These single-cell organisms exist everywhere—from the bottom of the ocean to inside the body—forming symbiotic relationships with

their environs. Soil microbes can increase crop yield, nutrient density, carbon sequestration and water retention, while microbial networks in forests shuttle vital resources that support trees. In the ocean, microalgae

produce much of the world's oxygen. Our bodies have more microbes than cells, and the likelihood of developing a chronic disease is closely linked to gut microbiome composition and activity.

Scientific understanding of these vital microscopic creatures is in its infancy, and human tinkering threatens their existence and ours, according to Jeffrey Smith, a leading spokesperson on the dangers of genetically modified organisms (GMO) and champion for the preservation of the “nature of nature” for more than 25 years. “We’re still discovering what the microbe army does on our behalf, unseen,” he says. “There are around 1 trillion microorganisms, and I’m told we’ve characterized far less than 1 percent, but we’re kind of in awe of the magic that they perform every day.”

Smith’s activism began with a lecture by a genetic engineer that blew the whistle on biotech giants like Monsanto that were preparing to plant genetically engineered crops. Once introduced, GMOs would cross-pollinate, reproduce and be a permanent part of the food supply, the engineer warned. As a marketing expert, Smith knew that without the right messaging about the dangers of GMOs, companies developing and marketing modified crop seed would likely succeed with their plans, endangering the health of consumers. He made it his mission to educate everyone

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about the harmful effects of GMOs, including toxins, allergens and genetic hazards.

Celebrated neuroscientist and pharmacologist Candace Pert once described Smith as the “leading world expert in the understanding and communication of the health issues surrounding genetically modified foods.” Smith has written two books, including the bestseller *Seeds of Deception*, released five movies, spoken in 45 countries and trained tens of thousands of people to advocate for life without GMOs.

He also founded the Institute for Responsible Technology (IRT), a nonprofit dedicated to protecting nature’s genetic integrity and biological evolution by preventing the outdoor release of GMOs and toxic agricultural chemicals into the food supply. According to an October 2019 survey by the Pew Research Center, about 50 percent of U.S. consumers believe that GMOs are worse for people’s health than foods with no genetically modified ingredients. IRT played a role in that education.

More recently, Smith has turned to a new threat: gene editing of microorganisms with commercially available, inexpensive CRISPR kits that anyone can try, and are even part of some high school science programs.

While most genetically engineered microbes are expected to die in the wild, their potential impacts are unknown and unpredictable. Smith worries that a home hobbyist will unintentionally create and set free a modified organism that imperils oceans, soil, forests or humans. “What’s very concerning is what we may do to the microbiome,” he explains. “By genetically engineering microbes with novel traits, we are introducing unpredictable outcomes that are unretractable. We’re risking human health and the environment with each release.”

To save the planet’s smallest and most essential organisms, Smith is seeking worldwide awareness, engagement and new domestic laws through his for-profit company Protect Nature Now. Ultimately, his aim is to unite leaders around the globe to stop the uninhibited tampering with microbes and protect the integrity of microbiomes that positively contribute to human health, regenerative agriculture and environmental conservation.

The last piece of saving our microbes, Smith says, is creating a curriculum so that future generations can learn to protect and respect microbes, too. “People always ask, ‘What can I do to help?’ And my answer is, it depends on what a person’s abilities, resources and interests are,” he explains. Smith encourages individuals to become educated about GMO risks, share the message, demand that lawmakers protect vital resources and financially pressure GMO food manufacturers by consuming organic products.

*Kelcie Ottoes is a content writer for sustainable businesses, specializing in blog posts, case studies and white papers.*

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# Pollinator Corridors

## Tips to Reestablish Lost Habitats

by Kelcie Ottoes

A well-known Chinese proverb says, “The flapping of the wings of a butterfly can be felt on the other side of the world,” poetically reminding us that small actions can produce large effects. When it comes to the world’s disappearing pollinators, the modest steps we take today can generate life-saving results tomorrow.

According to the U.S. Fish and Wildlife Service (FWS), “Pollinators provide vital benefits to people and wildlife, keeping animals and plants that we depend on thriving while bringing us food and supporting the economy.” Almost 90 percent of flowering plants depend entirely or in part on animal pollination, and yet, the FWS reports that pollinator populations are on the decline. One way to support these important species is to create a pollinator corridor—a pesticide-free, native-plant zone that provides food and shelter for indigenous pollinators.

### The Pollinator’s Role

While the word pollinator may conjure



up images of butterflies and bees, the category is much broader and includes birds, bats, lizards, moths, flies, beetles, wasps and some small mammals. “Virtually every ecosystem on Earth that contains flowering plants depends on animal pollinators,” says Kim Eierman, author of *The Pollinator Victory Garden: Win the War on Pollinator Decline with Ecological Gardening*. “Many are

keystone species in the ecosystems where they occur. If a keystone species becomes extinct or vanishes, that ecosystem fundamentally changes, and not for the better.”

From apples, melons and potatoes to almonds, coffee and cocoa, the food we eat is not available without pollination. Losing just one pollinator can have a significant impact. Without bees, fruit and nut trees produce fewer and smaller crops, if any. Of the top 100 edible flowering crops, 80 are pollinated by honeybees.

“Every ecosystem is dependent on pollinators to maintain healthy environmental balances in global food webs,” explains Jen McDonald, the founder of Garden Girls, a Houston-based company that designs and installs home landscapes. “Pollinators don’t make food just for us, but also for livestock and virtually all other living things. Many plants that require pollination are also needed for shade habitats for birds, insects and small animals.”

### Challenges Facing Pollinators

The decline in pollinators is attributed to a loss of feeding and nesting habitats that occurs when native plants are replaced by non-native grasses, farmlands and urban landscapes. Pesticides, chemicals, parasites, non-native species, new diseases and climate change are also modern-day threats. Monarch butterflies are considered vulnerable to extinction. Nearly one in four bees

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(347 native species) are at increased risk of extinction. More than half of the 154 North American bat species are at severe risk of population decline.

## Designing a Pollinator Corridor

The good news is that when native plants are re-introduced, pollinators return. "Abundant, diverse pollinators ensure fertile, resilient landscapes and secure food systems for communities, and backyard gardens can restore numbers that strengthen regional plant reproduction," says Kiersten Rankel, a botanist for Greg, an app that helps people optimize their plant-growing efforts.

To get started, select a strip of land, rooftop, wall or yard that supports pollinators, including their migration, foraging and overwintering. Next, pick native and flowering plant species for the space. Perennials require less maintenance, as they come back each year. Start small. Even a few potted plants or a converted curb strip can have a big impact. Avoid using pesticides and herbicides. Beyond flowers, be sure to also include shrubs, twigs, rotting logs, branches, vines, ground cover and bare gravel. Determine if it is helpful or harmful to remove leaves from the ground in the fall and reduce or eliminate mowing practices, especially on roadsides or curbs.

To make a bigger impact, talk with neighbors and community members to create a larger corridor. Consider working with local schools, colleges, nature-focused nonprofits, government officials that oversee parks and city planning, nurseries and farmers. The more people that are involved and invested in the corridor, the higher the odds of its continuing success.

Create a map to see the full footprint of the corridor; fill any gaps and remove invasive plant species. Include a wide diversity of native plants to serve pollinators at each stage of their life cycles. The Wild Seed Project suggests having at least 10 pollinator-friendly plants to support them year-round with continuous blooms and shelter.

An example of a giant pollinator corridor is Project Wingspan, located in the Midwest and Great Lakes region. The people behind this program are striving to create 18,000 acres of high-quality habitat to support local wildlife and pollinators. On a smaller scale, the town of Orleans, Massachusetts, is working to ensure their entire community is pollinator friendly.

There has never been a better time to start or join a pollinator corridor. Those efforts could be the flap of a butterfly's wing that changes the future for these vital creatures.

*Kelcie Ottoes is a content writer for sustainable businesses, specializing in blog posts, case studies and white papers.*

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# Functional Medicine Approach to Colon Health

## Simplified Steps to Repair and Restore the Gut

by Madiha Saeed, M.D.

In the United States, colorectal cancer is one of the most common types of cancer. According to the American Cancer Society, the disease is expected to precipitate approximately 53,000 deaths in 2024, and incidence rates for people under 55 have been increasing by 1 to 2 percent each year. Regular screenings and lifestyle improvements, including a healthy diet and regular exercise, can decrease the risk.

"The gut is the root and the foundation of health," says Vincent Pedre, M.D., a

board-certified internist specializing in functional medicine and the bestselling author of *The GutSMART Protocol*. In addition to dramatically improving overall health, his protocol incorporates science-backed lifestyle modifications that have been shown to optimize gut health and reduce the incidence of colorectal cancer.

### Optimizing Digestive Health

Research has proven that chronic inflammation is highly correlated with the development of colorectal cancer. A functional

medicine approach begins by easing inflammation and then taking steps to restore the population of healthy bacteria in the gut by replenishing nutrients, repairing the gut lining, rebalancing the body and managing stress.

**Putting out the fire in the gut:** The first step is to remove the possibly offending triggers of inflammation, beginning with gluten; grains; dairy; sugar; soy; nutrient-depleted foods containing artificial ingredients, preservatives and additives; processed foods; genetically modified foods; and any ingredient for which there is a sensitivity. A practitioner can also test for and address chronic illnesses that may be impacting the gut such as hepatitis, Epstein-Barr and other viral and fungal infections.

**Replenishing nutrients:** To restore the vitamins, minerals, nutrients and other essential ingredients needed for proper digestion and absorption, it is important to incorporate more organic, whole foods in the diet, but that is not the full story. As Pedre explains, "There is not one right diet. If you eat foods that you cannot break down into little nutrients and absorb, then it doesn't get broken down and tends to feed bad bugs that can grow inside of you. We

really need to think about whether our gut is capable of breaking down the foods we actually eat because that is really what determines whether the diet is right for you.”

In his book, Pedre offers a quiz that helps people determine their level of gut dysfunction. Alternatively, a practitioner can evaluate stomach acid and digestive enzyme levels to ensure that food is being broken down properly. “Digestive enzyme supplements can help pick up where your body might be falling short, breaking down your foods, making them more digestible,” explains Steven Wright, co-founder of the Healthy Gut Company. To help support the gut microbiome, Pedre recommends altering the diet to increase the number and quantity of vegetables and fermented foods such as sauerkraut and kimchi.

**Restoring the balance of good bacteria in the gut:** Crucial for colon and overall health is a robust population in the gut of probiotics (the good bacteria) and prebiotics (the food for probiotics). Fermented foods are excellent probiotic sources, while green, leafy vegetables and other high-fiber foods, as well as asparagus, carrots, garlic, leeks, raw onions, radishes and tomatoes, are some of the best prebiotics. If levels are insufficient with just food, probiotic and prebiotic supplementation may be necessary.

**Repairing the gut lining:** Our intestines are lined with millions of cells that create a tight barrier—the gut lining—which in essence determines what is absorbed into the bloodstream and what stays in the gut to eventually be eliminated. When the gut lining is not healthy, however, the barrier is not able to perform its job properly, allowing toxins and bacteria to leak into the body and preventing the system from properly absorbing nutrients. To repair the lining naturally, it is imperative to eat plenty of organic, whole foods that include zinc; vitamins A, C, D and E; omega-3 fatty acids; and selenium.

**Rebalancing our lifestyle:** “Slowing down when you eat and saying some prayers between bites is a real big deal,” Wright advises. “It allows your gut to make acid in your stomach and make enzymes work in your intestines.” He also recommends playing and spending time outdoors with our hands in the dirt and breathing in the smells and molecules that “tell our body that it is a normal environment.” Activities like gardening and yard work add diversity of microbes from the soil and will help to balance our microbiome.

**Managing stress:** “Stress is an attack on your gut, a self-induced attack,” Pedre notes. By incorporating coping techniques, exercise routines, consistent sleep patterns and time in nature, we help optimize gut healing and maintain the body’s well-being and balance.

*Madiha Saeed is a holistic, functional and integrative doctor in Naperville, Illinois, and director of education for Documenting Hope and KnowWell.*



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# Ear Infections

## Holistic Treatments for Kids

by Jennifer Zethner, RN, MS, CPNP

More than two-thirds of children develop at least one ear infection by the time they are 3 years old, and a third of these kids experience three or more episodes. "Ear infections may be painful, can lead to complications and are stressful for the child and their parents," says Andy Smith, a chiropractic doctor who treats adults and children in Denville, New Jersey. But as children grow, the structures in their ears enlarge, their immune systems strengthen and their risk of infections decreases, with most youngsters outgrowing ear infections by age 5.

The common ear infection, or acute otitis

media (AOM), is caused by a buildup of mucus in the middle ear and is accompanied by pain, fever, redness, swelling and possibly discharge, as viewed through an otoscope by a pediatric provider. Mucus can develop from nasal congestion and cough associated with the common cold, as well as from inflammation caused by diet, allergens, smoke, mold and other environmental toxins.

Symptoms of an ear infection in babies and toddlers include tugging on their ears, irritability and fever. Older children may complain of ear pain that may worsen when lying down, have a fever or display irritability, clinginess, decreased activity, loss of

appetite, dizziness, vomiting or difficulty hearing. AOM may be caused by bacteria or viruses. The American Academy of Pediatrics strongly urges pediatric providers to wait and watch before prescribing antibiotics for ear infections because they often clear on their own within two to three days.

Children may also develop fluid in the middle ear without signs of an infection, pain or fever. Middle-ear fluid can be chronic and may lead to hearing loss and speech delays. Symptoms can include complaints of difficulty hearing, lingering cough and nasal congestion, or no symptoms at all. If a child is diagnosed with AOM and does not have pain or fever, parents should work with their pediatric provider to address the cause of the buildup of fluid rather than treat it with unnecessary antibiotics.

### Prevention Strategies

Ear infections may be prevented by avoiding foods that lead to inflammation and mucus

development. Many parents report their child's first ear infection between 1 and 2 years old when they switch from formula or breast milk to dairy, including milk, butter, yogurt, cheese and ice cream. Dairy may also be an ingredient in prepared or processed foods found at the grocery store. Dairy is associated with recurrent AOM because it causes mucus production in the body.

Frequent ear infections may also be caused by other food sensitivities or allergies to eggs, nuts, soy, corn or gluten, as well as exposure to environmental allergens. A child with recurring infections should consider a food elimination diet to identify the culprit. Avoiding exposure to tobacco smoke, wood burning stoves, scented detergents, shampoos, conditioners, body care products, candles, air fresheners and other artificially scented items can also decrease the risk of developing an ear infection and its symptoms.

Breastfed infants have a decreased risk of developing ear infections, according to a study in the journal *Pediatrics*. A healthy diet for a child or breastfeeding mom aids in optimal bowel function, which decreases the risk of mucus proliferation. Healing foods include organic, leafy greens and other vegetables; seasonal fruits; seeds; nuts; beans; seafood; seaweeds; whole grains; healing roots, such as turmeric and ginger; and plenty of water.

## Natural Treatments

- Rest.
- Increase fluid intake, but avoid overly sugary drinks.
- Eat a healthy diet that includes warm, home-cooked meals that include garlic, onion, turmeric and ginger.
- Avoid dairy, processed foods and sugary, floury, cold and raw foods.
- Ear drops containing mullein or garlic oil assist in decreasing inflammation associated with AOM, unless there is discharge from the ear, which can indicate a ruptured eardrum. Breast milk can also be used as ear drops to decrease inflammation.
- Gentle massage with essential oils containing oregano or lavender to the outer ear and surrounding area assists in clearing mucus. However, never place these oils inside the ear.
- "Chiropractic care is often effective in decreasing the symptoms and removing the cause of AOM," says Smith. "It enhances the brain-ear neurological control. A chiropractic treatment also improves cervical and thoracic lymphatic drainage, which allows the inner ear to properly drain."
- Homeopathic remedies, such as belladonna, ferrum phosphate, pulsatilla, chamomilla and silica, may reduce symptoms. For optimal results, consult with a homeopath.
- Vitamins C and D, zinc and elderberry boost immune function and aid in fighting many infections. Check with a pediatric provider to determine the appropriate dosage for a child.

*As a holistic pediatric nurse practitioner on Long Island, New York, Jennifer Zethner focuses on the root cause of chronic and acute childhood conditions.*

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## Calendar of Events



### FRIDAY, MARCH 1

**Do You Have Leaky Gut?** – 12pm. Presented by Kathleen Freydl. The optimal nutritional plan and supplements to heal your leaky gut and/or chronic digestive issues for good. Includes a free lunch. Better Health Market, 44427 Ann Arbor Rd, Ste E, Plymouth. BetterHealthMarket.com.

**Free Kirtan** – 7pm. Nonprofit Ann Arbor Kirtan will present an informal evening of yogic/sanskrit and devotional chanting. Prana Yoga Studio, 5060 Jackson Rd, Ste F, Ann Arbor. KirtanAnnArbor.org. ThePranaYogaStudio.com.

**Sound Bath: Out of this World** – 7-8:30pm. Rob Meyer-Kukan will play singing bowls, gongs and more with the intention of washing you with the sounds that bring calming vibrations to reduce stress and ease tension. \$40. 7 Notes Natural Health, 3830 Packard Rd, Ste 120, Ann Arbor. Registration required: 7NotesNaturalHealth.com.

### SATURDAY, MARCH 2

**Are You Tox-Sick?** – 12pm. Presented by Kathleen Freydl. Learn about the single most toxic ingredient in your pantry linked to cancer, allergies, leaky gut, autoimmune, ADD, Autism, Alzheimer's and more. Includes a free lunch. Better Health Market, 42875 Grand River Ave, Novi. BetterHealthMarket.com.

### SUNDAY, MARCH 3

**Winterfest and Outdoor Nature Scavenger Hunt for Kids** – 2-5pm. With indoor storytelling, snacks, guitar and didgeridoo playing for all ages. Michigan Friends Center, 7748 Clark Lake Rd, Chelsea. For more info or to register, Carolyn Holland: 734-475-1982 or Manager@mfcenter.org.

### TUESDAY, MARCH 5

**Ele.Mental Health: Rituals for Wellness** – 6:30-8pm. Each week we will practice weekly mindfulness, movement and ritual using scientifically proven techniques to improve mental health. Mar 5: Spirit Ritual Gratitude Practice Letter to Spirit. \$40/class. Enlightened Soul Center & Shop, 2711 Carpenter Rd, Ann Arbor. Chrissie: 734-681-0219. Omni-Integrative-Wellness.com/elementintensive.

### FRIDAY, MARCH 8

**New Moon Night Hike** – 7:30-9pm. Enjoy a night hike under the stars to celebrate the alignment of the moon and the sun. We will do some science experiments out on the trail and visit some of LSNC's nocturnal animals. Leslie Science & Nature Center, 1831 Traver Rd, Ann Arbor. Registration required: DiscoverScienceAndNature.org.

### SATURDAY, MARCH 9

**Salamander Survey Kickoff** – 12-2pm. Learn how to help NAP monitor salamanders in Ann Arbor's parks; there are 5 species here. Volunteers will select parks to survey and learn how to identify these rarely seen silent amphibians. Ann Arbor Senior Center, 1320 Baldwin Ave, Ann Arbor. Register: Tinyurl.com/yzaf97f3m.

**Frog and Toad Survey Kickoff** – 2:30-4:30pm. Everyone is invited to help monitor frog populations. No experience required. Learn to identify frogs by ear and eye. There are about 8 local species, with very distinct calls. Ann Arbor Senior Center, 1320 Baldwin Ave, Ann Arbor. Register: Tinyurl.com/yrjhdpf.



### WEDNESDAY, MARCH 13

**Ann Arbor Wild Ones March Monthly Meeting** – 6:45-8pm. Topic: Cohabitation: A Dozen Native Plants for Your Yard. Matthaei Botanical Gardens, Auditorium, 1800 N Dixboro Rd, Ann Arbor. AnnArbor.WildOnes.org.

### SATURDAY, MARCH 16

**Sound Healing Certification** – Mar 16-19. Two-and-four-day sound and vibrational double certifications. In-person instruction includes Level 1: Practitioner of Sound Healing Certification; and Level 2: Practitioner of Vibrational Therapy Certification. 7 Notes Natural Health, 3830 Packard Rd, Ste 120, Ann Arbor. 248-962-5475. 7NotesNaturalHealth.com.

**Home, Garden & Lifestyle Show** – Mar 16-17. 9am-6pm, Sat; 10am-5pm, Sun. Browse near 120 exhibitors with products, services, and information to help improve your home, property and lifestyle. Washtenaw Farm Council Grounds, 5055 Ann Arbor Saline Rd, Ann Arbor. BRAGHomeShow.com.

### SUNDAY, MARCH 17

**Stewardship Workday**: Bluffs Nature Area – 1-4pm. In honor of the UN's International Day of Forests, help NAP manage Ann Arbor's forests to keep them healthy for generations to come. Tools and know-how provided. Free. Meet at the park entrance on Orkney Dr, Ann

## Ongoing Events

### DAILY

#### **Herbs for the Southeast Michigan Garden**

**Garden** – Learn how to grow and use 20 culinary and medicinal herbs suited for the southeast Michigan garden. Will cover preservation techniques, basic medicine making and crafting herbal oils, poultices, infused honeys and vinegars plus more. Free. More info & register: CastleRemedies.podia.com.

#### **Introduction to Homeopathy Class**

Learn how to choose remedies and how to use them. Class contains nearly 4 hrs of pre-recorded videos. Downloadable resources. \$75. More info & register: CastleRemedies.podia.com.

**Holistic Health Consultation** – 9am-7pm. Online or phone consultation consultations last about 1 hr and are provided by Certified Xolar Vibronics Holistic Educator and Life Coach Ikaro Phoenix. Be introduced to various techniques, elements or holistic ways of viewing the situation which help the soul to be reeducated and empowered to deal with problems and eliminate them from their root. \$150. For appt: LivingWisdomCoaching.earth.

**Pets & Parents Reiki Session** – 9am-9pm. Sessions for wellness, critical care and end of life transition. Actively experience the use of reiki touch with your pet. Learn additional tips for helping your pet. Virtual 40-min appt. \$20. 231-590-0001. tcdesoto@gmail.com.

**The Best Affirmation for You** – 10am. Learn about the power of affirmations and how they can bring about positive events and circumstances. Call for a 10-15-min consultation with a licensed professional counselor to pick the best affirmation for you. Purchase an affirmation stone to enhance what you are affirming in your life by having a visible reminder. Free. 734-644-6943. Harmony2c.com/affirmation-stones.

**Tiny Lions Lounge & Adoption Center (TLC)** – 12-7pm, Wed-Sun. Offers feline-friendly activities with kittens and cats available to take home. 5245 Jackson Rd, Ste A1, 734-661-3575. TinyLions.org.

### WEEKLY

**Yoga with Crysterra Wellness** – Variety of classes Tues-Thurs. Cost varies. For schedule & details: CrysterraWellness.com.

**Stop Sabotaging Your Self-Care** – Christy DeBurton will guide you on a journey of self-discovery to examine the obstacles that stand in the way of you taking better care of yourself. 4-wk self-paced online course. \$79 (regular \$149). Yoga Room, 889 Honey Creek Dr, Ann Arbor. Info@ChristyDeBurton.com. YogaRoomAnnArbor.com/online-courses-self-care.

Arbor. Pre-registration required: [tinyurl.com/2kuwncs4](http://tinyurl.com/2kuwncs4).

## MONDAY, MARCH 18

### **Spring Tree and Shrub Sale Pre-ordering Closes**

Orders available to pick up from 1-6pm, Apr 26, and 9-11am, Apr 27. Remaining trees and shrubs can be purchased in-person starting at 10am, Apr 27. Farm Council Grounds, 5055 Ann Arbor-Saline Rd, Ann Arbor. [Washtenawcd.org/trees](http://Washtenawcd.org/trees).

## WEDNESDAY, MARCH 20

**Mastering Metabolic Health** – 6:30pm. Presented by Kelly Cassise. Learn about lifestyle practices, good nutrition and some botanical superstars can help to support fitness, blood sugar balance and healthy detoxification. Free. Better Health Market, 14105 Hall Rd, Shelby Township. [BetterHealthMarket.com](http://BetterHealthMarket.com).

## THURSDAY, MARCH 21

**Mastering Metabolic Health** – 12pm, Plymouth; 6:30pm, Novi. See Mar 20 listing. Better Health Market, 44427 Ann Arbor Rd, Ste E, Plymouth; 42875 Grand River Ave, Novi. [BetterHealthMarket.com](http://BetterHealthMarket.com).

## FRIDAY, MARCH 22

**Stewardship Workday**: Bandemer Nature Area – 1-4pm. The wet meadow at Bandemer contributes to the health of the Huron River and its watershed, which everyone in Ann Arbor depends on. Help NAP protect it. Tools and know-how provided. Free. Meet at the parking lot at the end of Lake Shore Dr, off Main St, Ann Arbor. Pre-registration required: [tinyurl.com/ytzf8yud](http://tinyurl.com/ytzf8yud).

## SATURDAY, MARCH 23

**Eyes Wide Open 3.0 Conference** – Mar 23-24. To introduce the people that have witnessed the powers that control our world. Also includes medical whistleblowers and innovators. Soaring Eagle Conference Center, 6800 Soaring Eagle Blvd, Mt Pleasant. 989-866-1133. [EIMastery.org/ewo](http://EIMastery.org/ewo).

**2024 Volunteer Training & Season Kick-Off** – 10am-12pm. Got a dose of spring fever? Itching to get outside more this year? Looking for new volunteer opportunities? Join Legacy Land Conservancy for our annual Volunteer Training and Season Kick-Off. Legacy Land Conservancy, 6276 Jackson Rd, Suite G, Ann Arbor. [LegacyLandConservancy.org](http://LegacyLandConservancy.org).

**Yoga + Sound** – 6-7:30pm. With Sound Healer, Rob Meyer-Kukan and Yoga Instructor, Paul Barr for this heartfelt pairing of Yoga + Sound. Paul will lead a mindful yoga practice that focuses on deep relaxation and release. Rob will support with

gentle sounds of singing bowls, gongs and more. \$40. 7 Notes Natural Health, 3830 Packard Rd, Ste 120, Ann Arbor. Registration required: [7NotesNaturalHealth.com](http://7NotesNaturalHealth.com).

### **Sing for Mother Earth 50th Ann Arbor**

**Powwow Celebration** – 8:30pm. An evening of Native American music and dance featuring Keith Secola, Annie Humphrey, Joe Reilly and The Community Gardeners, and The All Nations Dancers. \$20. The Ark, 316 S Main St, Ann Arbor. [Tinyurl.com/ArkMotherEarth](http://Tinyurl.com/ArkMotherEarth).

## TUESDAY, MARCH 26

**Artist Spotlight: Stringfever** – 8pm. An electric string quartet. Free; please bring a nonperishable food donation for Food Gatherers. The Ark, 316 S Main St, Ann Arbor. [TheArk.org](http://TheArk.org).

## WEDNESDAY, MARCH 27

**Open Stage** – 8pm. Take your music to the masses. Open Stage nights offer supportive audiences and a terrific space. Fifteen performers have 8 mins (or 2 songs) each to do their thing. \$3, \$2/members, seniors, students. The Ark, 316 S Main St, Ann Arbor. [TheArk.org](http://TheArk.org).

## FRIDAY, MARCH 29

**The RFD Boys** – 8pm. Legends of Michigan bluegrass. \$16, \$15/members, students, seniors. The Ark, 316 S Main St, Ann Arbor. [TheArk.org](http://TheArk.org).

## SATURDAY, MARCH 30

**Nest Box Monitor Training** – 10am-12pm. This new Community Science program monitors bird nest boxes in Ann Arbor's parks. Volunteers keep track of which species are nesting in park boxes and check on the health of the nest and nestlings. Preregister: [tinyurl.com/ybty4vjx](http://tinyurl.com/ybty4vjx).



## Ongoing Events

### SUNDAYS

#### **Bach Flower Remedies Level 1 Live Web**

– 3rd Sun. Learn how to use the 38 Bach flower remedies to help yourself and others conquer fear, worry, overwhelm, low self-esteem, lack of focus, poor concentration, trouble sleeping and more. With Nancy Buono, BFCP, Director of Bach Flower Education. BachFlowerSchool.com.

#### **Hudson Valley Humane Society Rescue Reading**

– 10am-12pm. Includes humane education lessons, group read-aloud and dog meet-and-greet. Drop-off event. \$10; space limited. HSHV.org/RescueReading.

#### **Online Meditation from Anywhere**

– 11am-12pm. Building an international sangha by connecting loving hearts. Donations welcome. To receive a link: CelesteZygmont2@yahoo.com or DeepSpring.org.

#### **Sunday Talk with Demo Rinpoche**

– 11am-12pm. Jewel Heart Tibetan Buddhist Learning Center, 1129 Oak Valley Dr, Ann Arbor. 734-994-3387. JewelHeart.org.

#### **Drop-In Tarot Study Group**

– 6:30-9pm. A drop-in group of tarot enthusiasts facilitated by Nicholas O'Donnell, using the Rider-Waite Tarot Deck. \$15. Enlightened Soul Center & Shop, 2711 Carpenter Rd, Ann Arbor. 734-299-6472. NicksVictoryGardens@gmail.com. EnlightenedSoulCenter.com.

#### **Inspiring Talk by Mata Yogananda**

– 7pm. Spiritual talk, pure meditation and silent prayer, with Winged Prayer for all in need at 9pm. Free. Self-Realization Meditation Healing Centre, 7187 Drumheller, Bath. 517-641-6201. SelfRealizationCentreMichigan.org.

### MONDAYS

#### **Weekday Morning Online Meditation**

– Mon-Fri. 7:30-8am. Insight Meditation Ann Arbor offers a 30-min online group sitting via Zoom. Free, donations gratefully accepted. InsightMeditationAnnArbor.org.

**Beginner Tai Chi** – 10-11:15am. A series of postures linked together in a fluid manner. Focuses on relaxation in motion, balance and the mind/body connection. Can attend one or both sessions per week (Mon morning &/or Thurs evening). \$195. Peaceful Dragon School, 1945 Pauline Blvd, Ste B, Ann Arbor. 734-741-0695. PeacefulDragonSchool.com.

**Soul Power Mystic Arts** – 5pm. 2nd Mon & Wed. Re-claim the real you, hear your evolutionary calling, and cultivate the nature mystic within through 4 retreats, individual training, self-acceptance process, nature qigong, plant ally ceremonies and body-ecology psychology. Sliding scale. Mother Bear Sanctuary, 20470

Barton, Pinckney. 734-796-6690. MotherBearSanctuary.com.

#### **Meaningful Mondays**

– 8pm. SevaLight Retreat Centre warmly welcomes everyone, of all faiths, meditation practices and traditions, to join us virtually. Will gather on video conference sharing in song/chants and inspiring readings from Mata Yogananda Mahasaya Dharmaji's writings, followed by Pure Meditation and silent prayer. Free. Email by 10am any Mon to receive the info about how to join by video: Info@SelfRealizationCentreMichigan.org.

### TUESDAYS

#### **Senior Discount Tuesdays:**

Castle Remedies – Customers over the age of 65 can receive a 10% discount on their in-store purchases. In the Parkway Center, 2345 S Huron Pkwy, Ann Arbor. 734-973-8990. CastleRemedies.com.

#### **Online Meditation from Anywhere**

– 9-9:30am. Building an international sangha by connecting loving hearts. Donations welcome. To receive a link: Celeste



Zygmont2@yahoo.com or DeepSpring.org.

#### **Hypnotherapy**

– 9:30am-7pm, by appt. Also Wed. Cheryl Beshada teaches and specializes in personal empowerment, releasing blocks and patterns of negative behavior, higher self-communication. Free consultation. Warren. 586-899-9009.

#### **5 Hidden Gems in Your Normal Blood**

– 8-9pm. 3rd Tues. Join Dr. Jena for her Bloodwork Webinar and learn 5 hidden gems that can help you go from unhealthy to healthy. Free. BigBeautifulChiropractic.com.

### WEDNESDAYS

#### **Get the Most from Your DNA Test**

– 6-8pm. Learn what you can do with your results and what additional opportunities are available for discovering your genetic genealogy. Understand the science, how to find information and how to share that information. Course 39651. \$59. Washtenaw Community College, 4800 E Huron River Dr, Ann Arbor. 734-677-5060. wccnet.edu/noncredit.

**Your Lipid Panel:** What Bad Cholesterol Really Means – 8-9pm. 3rd Wed. Grab your latest bloodwork and let's dive into your blood work and let me teach you how to look for hidden answers. Free. BigBeautifulChiropractic.com.

### THURSDAYS

**Class Observation** – 11-11:45am. Ann Arbor School of Massage, Herbal and Natural Medicine, 3684 W Liberty Rd, Ann Arbor. RSV: 734-769-7794. Naturopathic SchoolOfAnnArbor.net.

**Qigong: Basics** – 11:15am-12:15pm. Class introduces participants to basic self-care stretches, breathing, meditations and self-acupressure for reducing muscle tension, increasing mindfulness, and revitalization. \$180. Peaceful Dragon School, 1945 Pauline Blvd, Ste B, Ann Arbor. 734-741-0695. PeacefulDragonSchool.com.

**Beginner Tai Chi** – 6-7:15pm. A series of postures linked together in fluid manner. Focuses on relaxation in motion, balance and the mind/body connection. Can attend one or both sessions per week (Mon morning &/or Thurs evening). \$195. Peaceful Dragon School, 1945 Pauline Blvd, Ste B, Ann Arbor. 734-741-0695. PeacefulDragonSchool.com.

**Thursday Hills of Ann Arbor** – 6:30pm. We ride some of the best hills A2 has to offer. A/B/C: 10-40 miles. Start at Wheels in Motion, 3402 Washtenaw Ave Ann Arbor. WheelsInMotion.us.

#### **Thursday Evening Silent Meditation**

– 6:30-8:15pm. With Insight Meditation Ann Arbor. Free, donations gratefully accepted. Zion Lutheran Church, 1501 W Liberty St, Ann Arbor. 734-994-4455. InsightMeditationAnnArbor.org.

**Meditation Class** – 7-8pm. Short lesson and meditation, followed by discussion with instructor Lori Barresi. Drop-in, every other Thur. \$10. Enlightened Soul Center, 3820 Packard, Ste 280, Ann Arbor. 734-358-0218. EnlightenedSoulCenter.com.

**The Thyroid Panel:** Get the Real Story of What's Happening with Your Thyroid – 8-9pm. 3rd Thurs. Learn how to find hidden answers in the bloodwork that you already have so that you can finally get some answers as to why you feel the way you do. Free. BigBeautifulChiropractic.com.

### FRIDAYS

**Online: Prayer Power Hour** – 12-12:30pm. Prayer changes things. Our goal is simple: to love you, pray for you and introduce you to our loving Creator, the Great Healer. Free. Tinyurl.com/PrayerPowerHour.

**Esoteric Tarot for Beginners** – 7-8:30pm. Drop-in study group with Nick O'Donnell. Features the bare bones and basics of

tarot symbolism to get you reading the cards immediately. Every class will explore the basics of 4 cards per session. \$15 suggested donation. Enlightened Soul Center & Shop, 2711 Carpenter Rd, Ann Arbor. 734-358-0218. [fb.me/e/2MeGXs0VE](https://fb.me/e/2MeGXs0VE).

## SATURDAYS —

### **Certified Hypnotherapists Education and Networking Meeting** — 9:30am-12pm.

1st Sat. Certified Hypnotherapists welcome. Includes educational presentation, workbook and digital material. Clinical Hypnosis Professional Group, Warren. Register: 586-899-9009.

**Pregnancy, Childbirth, Postpartum and Baby Classes** — 6-7pm. Classes are held virtually online led by our top AID instructors utilizing state of the art visual aids and activities to keep it fun and engaging while presenting the latest evidenced based material on each topic. \$35/class. [Childbirth-Classes.com](http://Childbirth-Classes.com).

## Classifieds

## HELP WANTED —

**RELAXSTATION, VOTED A2'S BEST MASSAGE, IS HIRING!** Our massage therapists earn \$35K to \$40K annually as W-2 employees for a 30-hour (including breaks) weekly schedule. New location on Packard Street between Argus Farm Stop and the Buddhist Temple offers traditional full body massage as well as fully clothed table massage, plus onsite chair massage at UT and local businesses. Free parking. Friendly, diverse and supportive community of co-workers. Relaxstation.com. Ask for Carrie, 734-623-1951.

## OFFICE SPACE —

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## Community Resource Guide

### Acupuncture

#### EMANUELE ACUPUNCTURE CENTER

2350 Washtenaw Ave, Ste 10, Ann Arbor  
734-302-7300  
EmanueleAcupuncture.com



Rosanne Emanuele is a licensed acupuncturist, certified by the National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM). Her acupuncture methods are the result of 25 years of full-time practice. Clients enjoy the results they achieve from her individually assessed treatments. Her easy friendly manner makes her skills seem casual and second nature. First-time patients are often thrilled by the lack of pain and the rapid improvement in their condition. See ad page 20.

### Aromatherapy

#### ROSY GLOW AROMATHERAPY

Margo Hertzfeld, Certified Aromatherapist  
419-360-0169  
RosyGlowWellness.com



Clinically certified aromatherapist offers holistic consultations with customized blends of professional quality essential oils. Trust Margo to help you understand the complicated world of aromatherapy. Her holistic approach can help you maximize your benefits from this powerful therapy and minimize side effects. Aromatherapy is a wonderful way to integrate natural healing into your life. Phone consultations are available.

### Biological Dentist

#### ANN ARBOR'S DENTIST

Dr. W. K. Dobracci, DDS  
606 W Stadium Blvd, Ann Arbor, 48103  
734-747-6400  
DrDobracci@AnnArborsDentist.com  
AnnArborsDentist.com



Passionate about holistic care while utilizing Bio-Compatible materials and lasers. Our patients can elect to be free from fluoride, mercury and other harmful metals. Filling materials are tooth colored and both BPA & Bis-GMA free. We offer natural oral health products using fine essential oils, and free of gluten and preservatives. See ad page 3.



### Catering/Food

#### CINNAHOLIC

121 E Liberty, Ann Arbor  
734-707-1955  
Info@CinnaholicAnnArbor.com  
CinnaholicAnnArbor.com



Cinnaholic is a locally owned bakery specializing in custom gourmet cinnamon rolls and homemade cookie dough, brownies and cookies. We cater to any size event with customizable catering options. All our products are made with the highest quality ingredients and are 100% vegan. See ad page 17.

### Detox/Colonic

#### INNERSPACE HOLISTIC

Brandy Boehmer, 734-709-8313  
2350 Washtenaw Ave, Ste 14, Ann Arbor  
InnerSpaceHolistic.com



Colon Therapy is the slow and gentle insertion of purified water into the colon (large intestine) for the cleansing of poisons, mucous and accumulated fecal matter. It is also used to stimulate the colon to recover its natural shape, tone, and peristaltic wave action. No chemicals or drugs are used—thus it is a safe, gentle, health-giving alternative. Brandy Boehmer is National Board Certified in colon hydrotherapy through the International Association for Colon Therapy.

### Education

#### CONCORDIA UNIVERSITY

School of Pharmacy  
Tinyurl.com/ConcordiaCert



#### School of PHARMACY

Earn your Master's in Natural Product Sciences with our 30-credit online program. This graduate degree, with concentrations in medical cannabis and nutraceuticals, can lead to jobs in health care, pharmacy research and development, manufacturing and business. See ad page 79.



### Energy Enhancement & Wellness

#### MIRACULOUS ENERGIES

(A Private Membership Association)  
MiraculousEnergiesAssociation@gmail.com  
517-599-4949  
MiraculousEnergies.com



The EESystem combines Body, Mind, Spirit and Science. This system generates multiple bio-active life-enhancing energy fields, including scalar waves and a morphogenic energy field, also known as scalar vortex. When combined with light as biophotons, it can interface with the body's DNA matrix and promote wellness. See ad page 23.

### Holistic Doctor

#### DR. MALCOLM SICKELS, M.D.

210 Little Lake Dr, Ste 10, Ann Arbor  
734-332-9936  
DrSickels.com



Malcolm Sickels earned his M.D. from the University of Michigan, where he taught fellow medical students about different approaches to health. Board certified in Family Medicine and Holistic Medicine, he is in solo practice on the west side of Ann Arbor. Learn more at Dr. Sickels.com. See ads, pages 7 and 8.

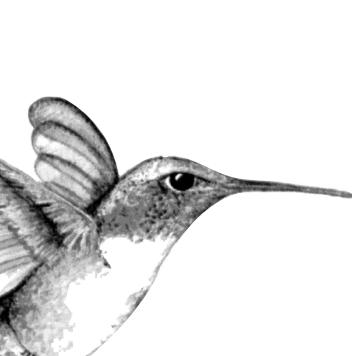
### Holistic Mental Wellness

#### CENTER FOR INTEGRATIVE COUNSELING

Karen Kerr, LMSW  
2010 Hogback Road, Ste. 6E, Ann Arbor  
(734) 660-5610  
Karen8Kerr@gmail.com  
KarenPKerr.com



In offering a caring, collaborative and supportive experience, I draw upon a holistic approach with a rich variety of practices designed to deepen awareness, uplift mood, manage stress and develop a stronger sense of self-worth, purpose, connection and joy in life.



## Homeopathic Pharmacy

### **CASTLE REMEDIES**

2345 S. Huron Pkwy, Ann Arbor  
In the Parkway Center  
734-973-8990  
CastleRemedies.com



Serving Michigan for nearly 40 years. Castle Remedies offers over 1,000 homeopathic remedies as well as herbs, essential oils, flower essences, books, unique gifts and jewelry. We carry top-tier nutritional supplement brands such as Metagenics, Ortho Molecular, Xymogen, Integrative Therapeutics, Karuna, NOW, and more. Classes available online. See ad page 15.

## Lymphatic Bodywork/Reiki

### **ELEVATE MIND & BODYWORK**

Sarah Girard BS, LMT  
1140 N. Wagner Rd. Ann Arbor  
SarahGirard.lmt@gmail.com  
Elevate.MassageTherapy.com



Take your wellness & spiritual journey to the next level. Sarah combines traditional "medical" Manual Lymphatic Drainage techniques with Reiki healing, breathing guidance, visualization & intuitive listening. All sessions are heart-centered, gentle, and geared towards radical self-love. Request an appointment today.

## Mold Testing & Remediation

### **MOLDPRO**

John Du Bois, CMI, CMR  
247 W. Main Street, Milan  
734-439-8800 • MoldProllc.com



MoldPro offers chemical-free mold remediation, independent certified mold testing, inspection and consultation services all over SE Michigan specializing in mold biotoxin illness clients.

## Nature-Oriented Meeting Space

### **MICHIGAN FRIENDS CENTER AT FRIENDS LAKE COMMUNITY**

7748 Clark Lake Road, Chelsea  
734-475-1892  
MFCenter.org/rent



We offer the holistic community a nature-oriented meeting space for workshops, meetings, counseling, yoga, youth groups and family gatherings. Main room accommodates 100 pre-COVID-19, with two smaller classrooms and kitchen facilities. Hiking trails. Weekend rates range from \$200-\$400, additional for extensive grounds use, camping. See ad page 7.

## School/Education

### **ANN ARBOR SCHOOL OF MASSAGE, HERBAL & NATURAL MEDICINE**

734-769-7794  
NSHAAssociates@gmail.com  
NaturopathicSchoolOfAnnArbor.net



Massage therapy training is a one-year program that fulfills the 717-hour, state-licensed professional training with the required 80 hours of clinical internship. The rate for scheduled, Tuesday through Friday appointments at our student massage clinic is \$50/hr. See ad page 21.

## Smoking Cessation

### **FREE AT LAST! HYPNOSIS**

Center - A Joyful Journey  
734-883-8775



ad page 9.

Stop smoking in one visit. Afraid it's going to be too painful or too difficult? Our unique specialized and proven system makes it easy. Become a happy and permanent non-smoker today. See

## Tai Chi & Qigong

### **PEACEFUL DRAGON SCHOOL**

1945 Pauline Blvd, Ste B, Ann Arbor  
734-741-0695  
PeacefulDragonSchool.com



Tai chi promotes relaxation, is a meditation in motion and is known for increasing balance. Qigong means energy. This class includes Wild Goose Form, stretching, meditation and self-acupressure.

## Weight Loss

### **FREE AT LAST! HYPNOSIS CENTER - A JOYFUL JOURNEY**

734-883-8775



Lose weight now with hypnosis. Achieve permanent positive life and habit changes through our safe, rapid and effective system. Tap the potential of your mind to create the health and vitality you've always wanted. See ad page 9.

## Wellness Centers

### **CRYSTERRA WELLNESS**

3173 Baker Rd, Dexter  
734-649-1849  
CrysterraWellness.com



Reflexology-Reiki-Lithotherapy-Yoga

Ancient inspirations for modern well-being. Supporting you and your wellness journey every step of the way with reflexology, reiki, lithotherapy and yoga.

### **THRIVE! WELLNESS CENTER**

148 S. Industrial Dr. Saline  
734-470-6766  
Thrive-Wellness-Center.com



Shannon Roznay, DC, specializes in Nutrition Response Testing and Activator Chiropractic. Thrive! also carries natural foods, skin and home products. See ad page 18.



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Fridays: 7 AM to Noon

## Specials *of the Month*

**IV NAD+ Infusions**  
**20% OFF *in* MARCH**

**Vitamin D3 - All Forms**  
**20% OFF *in* MARCH**



Dr. John Wycoff

*"We are committed to  
finding the CAUSES  
of your symptoms;  
not just treating  
your symptoms."*